



INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



1 | 2
Yellow Onion



2 | 4
Sweet Potatoes



1 tsp | 2 tsp
Chili Powder



1 | 2
Lemon



1 oz | 2 oz
Dried Cranberries



2 oz | 4 oz
Arugula



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



½ oz | 1 oz
Salsa Verde
Sunflower Pepitas
Contains: Milk

HELLO FARRO

This ancient grain has a nutty flavor and delightfully chewy texture.

ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries & Salsa Verde Sunflower Pepitas



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 830



HELLO FRESH

LET IT LINGER

Give the dried cranberries time to marinate in step 3—it's absolutely worth the wait. Not only will their texture turn soft and velvety, the berry-infused marinade will make a delicious base for your salad dressing.

BUST OUT

- Baking sheet
- Medium pot
- 2 Large bowls
- Zester
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP | 1 TBSP**)
- Sugar (**1 tsp | 2 tsp**)
- Olive oil (**1 TBSP | 2 TBSP**)
- Butter (**2 TBSP | 4 TBSP**)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



1 COOK FARRO

- Place a **lightly oiled** baking sheet on top rack and preheat oven to 425 degrees.
- In a medium pot, combine **farro**, **stock concentrate**, and **3½ cups water (6 cups for 4 servings)**. Bring to a boil and cook until farro is tender, 25-30 minutes. **TIP:** If you end up with any excess stock, simply pour it out. Alternatively, if stock evaporates before farro is done, add a splash of water.



2 PREP & ROAST VEGGIES

- Meanwhile, **wash and dry produce**.
- Halve, peel, and slice **onion** into 1-inch-thick wedges. Dice **sweet potatoes** into $\frac{1}{2}$ -inch pieces. In a large bowl, toss veggies with a **large drizzle of oil**, **chili powder**, **salt**, and **pepper**. Carefully spread out on preheated baking sheet.
- Roast on top rack until browned and tender, 20-25 minutes.



4 MAKE DRESSING

- Once **cranberries** have marinated, transfer **lemon juice marinade** to a second large bowl (**leaving cranberries in small bowl**). Whisk **1 TBSP olive oil (2 TBSP for 4 servings)** into bowl with marinade; taste and season with **salt** and **pepper**.



5 FINISH FARRO & MAKE SALAD

- Stir **2 TBSP butter (4 TBSP for 4 servings)**, **half the roasted veggies**, and **half the dressing** into pot with **farro**. Season with **salt** and **pepper**.
- To bowl with remaining dressing, add **arugula**, **cranberries**, and remaining roasted veggies; toss to coat. Season with **salt** and **pepper**.



3 MARINATE CRANBERRIES

- While veggies roast, zest and quarter **lemon** (**for 4 servings, zest one lemon; quarter both**).
- In a small bowl, combine **juice from two lemon wedges** (**four wedges for 4**) and **1 tsp sugar (2 tsp for 4)**. Stir in **cranberries**. Let marinate, stirring occasionally, at least 15 minutes.



6 SERVE

- Divide **farro mixture** between bowls. Top with **salad**. Sprinkle with **Parmesan**, **pepitas**, and as much **lemon zest** as you like. Serve with **remaining lemon wedges** on the side.